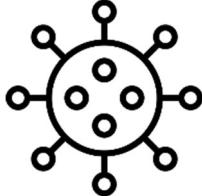


Maayo 2020 ka



Maanta waxaad bixisay muunad kaas oo liga baari doona caabuqa Covid-19. Haddii natijjada baaritaankaaga lagaa helo jirada, Kalkaaliyaha Caafimaadka Dadweynaha ayaa ku soo wici doona mudo dhowr maalmood ah, iyo warqad ayaa boostada lagugu soo diraya toddobaad gudaheed. Haddii natijjada baaritaankaaga jirado laga waayo, warqad ayaa boostada laguugu soo diraya toddobaad gudahood.

Maxaad sameyn kartaa intaad sugeyso natijjooyinkaaga?

Hadii aad leedahay caabuqa Covid-19 iyo haddii kale, waa inaad had iyo jeer:

- Ka fogee masaafada 6-cagood ah dadka kale markii aad dibadda u baxdo.
- Xiro maro maaskaro wejiga ku dabool haddii aadan ka fogaan karin dadka kale inaad ku dhawaatid.
- Gacmahaaga ku dhaq ugu yaraan 20 ilbiriqsi saabuun iyo biyo ama isticmaal alkoolo ku saleysan gacmo nadiifiye haddii saabuun iyo biyo aanad heli karin.
- Ku dabool qufacaagaaga iyo hindhisadaada gacantaada ama xaashida oo ku tuur masarka qashinka.
- Ka fogow taabashada indhahaaga, sinkaaga iyo afkaaga.
- Si joogto ah u nadiifi oo jeermiga u nadiifi sagxadaha dusha sare iyo alaabada.

Maxay yihiin macnaha natijjooyinka baaritaankaaga?

Hadii natijjada baaritaankaagu uu caadi yahay:

- Sii wad inaad qaado tillabooyinka ka hortagga ee kor ku xusan si aad u joojiso fiditaanka caabuqa COVID-19.
- Wac bixiyahaaga daryeelka caafimaadka isla markaaba haddii aad bilowdo astaamaha COVID-19. Adiga waxaa laga yaabaa in loo baahdo in mar labaad lagu baaro. Astaamaha waxaa ka mid ah:
 - Qandho
 - Qufac
 - Neefsashada oo yaraato ama neefsashada oo dhib ah
 - Qarqaryo
 - Qariir soo noqnoqda oo leh qarqaryo
 - Murqo xanuun
 - Madax xanuun
 - Cune xanuun
 - Luminta cusub ee dhadhanka iyo urka

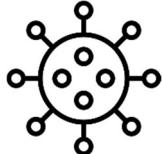
Somali

- **Xusuusnow: Natijjooyinka baaritaanka maanta ayaa kuu sheegaya haddii aad cudurka qabtid ama aad jiran tahay maanta.** Waa suurta gal in cudurka laga helo mustaqbalka. Iyada oo lagu saleynayo falanqayn ay sameeyeen Kooxda Shaqada Serology ee Qeybta Caafimaadka, tijaabada serologic (oo sidoo kale loo yaqaan antibody) weli ma ahan mid sax ah oo ku filan in la siiyo shakhsiyadka maclumaad lagu kalsoonaan karo oo ku saabsan caafimaadkooda.

Haddi natijjadada xanuunka laga helo:

- Bixyehaaga daryeelka caafimaad ayaa kaala hadli doona daryeelkaaga iyo daaweynta wixii astaamo ah.
- Guriga joog ilaa aad kala hadlayso daryeel caafimaad bixiyahaaga.
- Qeybta Caafimaadka ayaa kula socon doonta oo kula soo socodsiin doonta goorta aad ku soo noqon karto nashaadaadka joogtada ah. Waxay kaloo kaala hadli doonaan xiriirada kuugu dhow .

Faahfaahin dheeraad ah ka hel at healthvermont.gov/COVID-19



Today you gave a specimen that will be tested for COVID-19. If your test result is positive, a Public Health Nurse will call you in a few days, and you will get a letter in the mail within a week. If your test result is negative, you will get a letter in the mail within a week.

What can you do while you wait for your results?

Whether you have COVID-19 or not, you should always:

- Keep a 6-foot distance from others when you are out.
- Wear a cloth face mask if you cannot avoid close contact with other people.
- Wash your hands often for at least 20 seconds with soap and water or use an alcohol-based hand sanitizer if soap and water are not available.
- Cover your coughs and sneezes with your sleeve or a tissue and throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth.
- Routinely clean and disinfect frequently touched surfaces and objects.

What do your test results mean?

If your results are negative:

- Continue taking the prevention steps above to stop the spread of COVID-19.
- Call your health care provider right away if you start to have symptoms of COVID-19. You might need to be tested again. Symptoms include:
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
- Remember: Results from today's test will tell you if you are infected or sick today. It is possible that you could test positive in the future. Based on an analysis by the Health Department's Serology Working Group, serologic (also known as antibody) testing is not yet accurate enough to give individuals reliable information about their health.

If your results are positive:

- Your health care provider will talk to you about your care and treatment of any symptoms.
- Stay home until you speak with your health care provider.
- The Health Department will follow up with you and let you know when you can return to your regular activities. They will also talk to you about your close contacts.

Get more information at healthvermont.gov/COVID-19.